Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

KNOWLEDGE, ATTITUDE AND PRACTICES TOWARDS EXCLUSIVE BREASTFEEDING AMONG PRIMIPARA MOTHERS AT LUGASA HEALTH CENTER III KAYUNGA DISTRICT; A DESCRIPTIVE CROSS SECTIONAL STUDY.

*Bushirah Kabwire** David Kansiime
Medicare Health Professionals College

ABSTRACT

Introduction:

The main purpose of this study was to determine the knowledge, attitude, and practices towards exclusive breastfeeding among primiPara mothers at Lugasa Health Center iii, Kayunga district; the study focused mainly on three objectives that are to determine the knowledge, to determine the attitude and to assess the practices towards EBF among primiPara mothers.

Method:

A hospital-based descriptive cross-sectional study was conducted between March 2023 and April, 2023 at Lugasa health center iii in Kayunga District. Data was collected using questionnaires and a simple random sampling technique was employed to select 130 study participants. Data was analyzed using Microsoft Excel and a scientific calculator.

Results:

Data analysis and interpretation showed that 61.5% of the respondents defined EFB as feeding babies on breast milk only, 91.5%, knew breast milk as the cheapest and recommended food for the newly born baby, 48.5% knew that babies should be breastfed on breast milk only for the first six months of life 60% of respondents knew that a baby should be breastfed eight times and more in a day and 76% knew that EFB decreases childhood diseases and death. The study results reflected that 68.5% of the study respondents perceived the act of EBF as an easy process, and 49% reported the act of breastfeeding in public also to be okay.

Conclusion:

The majority of the study respondents had satisfactory knowledge, favorable attitudes, and good practices towards EBF. However, the practice of EBF in the study area is still lower than the set national target of the prevalence of EBF and the WHO set global prevalence of EBF.

Recommendations:

The study recommends combined efforts from different stakeholders like the government, Ministry of Health, District Health Teams, and health workers to promote appropriate Infant and young child Feeding Practices like EBF in the country.

Keywords: Attitude, Breastfeeding, Colostrum, Early initiation, Knowledge, Practice, Pre-lacteal feeding, Primipara
Submitted: 2023-11-22 Accepted: 2023-11-27

Corresponding Author: *Bushirah Kabwire**
Medicare Health Professional College
Email: *kabwirebushirah@gmail.com*

Background

Breastfeeding is the foundation of life and is recognized as the best way of feeding infants. Breast milk provides the basic building block for optimal growth, and development and contains the right amount of nutrients for growth that are easily digested and readily available (Temoirokomalani *et al.*, 2021). Human breast milk is safe, and clean and contains antibodies that help protect against many common childhood illnesses.

Breast milk provides all the energy as well as nutrients that the infant needs for the first months of life and it continues to

provide up to half or more of a child's nutritional needs during the second half of the first year. It also provides up to one-third of a child's nutritional needs during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese, and are less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers (WHO, 2022) Breastfeeding is the most cost-effective public health strategy to decrease infant/child morbidity and mortality. It can increase a child's tolerance to all preventive therapies and is estimated to save 1.4 million lives in developing countries (Temoirokomalani *et al.*, 2021).

Breastfed babies have a six-fold higher chance of survival in the first six months than non-breastfed babies. Acute respiratory infection and diarrhea are two big infant killers that are reduced by breast milk. The potential impact of appropriate breastfeeding practices is particularly important in developing countries with high disease burdens and limited access to clean water and sanitation (Temoirokomalani *et al.*, 2021). Given the recognized benefits of breastfeeding for the health of the mother and infants, WHO advocates exclusive breastfeeding for the first half-year after birth followed by sustained breastfeeding with suitable complementary foods after 6 months with ongoing breastfeeding for up to 2 years or beyond (Dukuzumuremyi *et al.*, 2020).

The World Health Organization (WHO) defines exclusive breastfeeding (EBF) as when an infant receives only breast milk, no other liquids or solids are given to the infant not even water, except oral rehydration solutions, drops, or syrups of vitamins, minerals or medicines (WHO, 2022). World Health Organization (WHO) recognizes exclusive breastfeeding (EBF) as a cornerstone of child survival, nutrition, development, and maternal health. The benefits of EBF are not limited to the child but extend to the mother and family. Global evidence shows the robust and consistent importance of (EBF) for improving child health as well as development reducing infant mortality, infant morbidity, and maternal benefits include but are not limited to reduction of the odds for postpartum hemorrhage, type II diabetes mellitus, ovarian cancer, breast cancer and maternal sensitivity (Wataka *et al.*, 2021).

The World Health Assembly (WHA) has set a global target to increase the rate of EBF for infants aged 0-6 months up to at least 50% in 2012-2025. The adherence to these guidelines varies globally as only 38% of infants are exclusively breastfed for the first 6 months of life. High-income countries such as the United States (19%), United Kingdom (1%), and Australia (15%) have shorter breastfeeding duration than do low-income and middle income countries. In low-income and middle-income countries, only 37% of infants younger than six months are exclusively breastfed (Dukuzumuremyi *et al.*, 2020).

A systematic review involving studies in East Africa reported that only 42% of mothers preferred to practice EBF. In a meta-analysis of studies in the four regions of 29 Sub-Saharan Africa (SSA) countries, EBF prevalence ranged from 23.70% in Central Africa to as high as 56.57% in Southern Africa. The Uganda national prevalence of EBF was 42.6% in 2016 which is below the set target of 50% by 2025 (Wataka *et al.*, 2021). EBF declines with age, from 83% among children aged 0- 1 month to 69% among those aged 2-3 months and 43% among those aged 4- 5 months. The proportion of children who are not breastfeeding increases with age, from 2% among those aged 0-1 months to 50% among those of 18-23 months all below the WHO target of 90% (UBOS & ICF, 2017).

A mother's good knowledge and positive attitude play key roles in the process of breastfeeding. Some recent studies reported that mothers with higher knowledge of EBF were 5.9 times more likely to practice EBF than their counterparts. Higher scores of breastfeeding knowledge, attitudes, and practices have been associated with a higher prevalence of exclusive breastfeeding (Dukuzumuremyi *et al.*, 2020).

More is known about Knowledge, attitude, and practices (KAP) towards exclusive breastfeeding among multipara mothers according to previous research but little has been found about KAP towards EBF in primipara mothers (PPs) in Kayunga District and the entire country, hence the need to make research about it.

Thus, this study was aimed at determining the KAP towards EBF among PP mothers at Lugasa Health Center iii, Kayunga District.

Methodology

Study design

The study employed a descriptive cross-sectional design that involved mainly quantitative methods of data collection to obtain data on all variables at one point in time. This was aimed at utilizing the short time in which the study is to be conducted.

Study area

The study was carried out at Lugasa Health Center iii which is located in Kayonza sub-county, Baale County, Kayunga District. The study was focused on determining the knowledge, attitude, and practices towards exclusive breastfeeding among primipara mothers at Lugasa Health Center iii, Kayunga District. The study was carried out at Lugasa Health Center iii which is located in Kayunga district, Kayonza Sub County, Baale County. The study was conducted within a period of two months from August 2023 to September 2023.

Lugasa Health Center iii is a government Facility that provides all services related to general medicine, Maternal and Child Health (MCH) programs, and minor surgeries. It has an Infant and Young Child Clinic (IYCC) which receives about 100-170 mothers per day. The study was carried out at Lugasa Health Center iii because it has an IYCC that offers infant and young child feeding services like exclusive breastfeeding, breastfeeding recommendations, and other services. Furthermore, many mothers who are KAP towards EBF the researcher wanted to assess attended the IYCC at Lugasa health center iii.

Study population

The study involved breastfeeding PP mothers attending the IYCC at Lugasa Health Center iii with children aged 0-6 months. The study targeted breastfeeding PP mothers because they were the ones who brought children to IYCC and had the information the researcher was looking for.

Inclusion criteria

The study involved all breastfeeding PP mothers who attended the IYCC at Lugasa Health Center iii with children aged 0-6 months regardless of their ages at the time of data collection. The breastfeeding PP mothers were required to consent as it was one of the pre-qualifications for inclusion in the study.

Exclusion criteria

Breastfeeding PP mothers with children older than 6 months. In case of any emergency or if the participant chose to withdraw from the study due to personal reasons exclusion from the study was considered.

Sample size determination

The researcher determined the sample size for the study using the Kish Leslie formula of 1965 for descriptive studies and the sample size was calculated as:

From the formula

$$N = \frac{Z^2 pq}{d^2}$$

Where;

N = represents sample size required for the study.

Z is the statistical certainty = 1.96 at 95% confidence interval.

p = Assumed true Uganda national prevalence of EBF = 42.6% (0.426) adopted from a study done in Uganda by (Wataka *et al.*, 2021).

d = Absolute precision or error allowed = 5% (0.05).

q is the difference between 1 and p = 1 — P.

$$N = \frac{(1.96)^2 \times 0.426 \times (1-0.426)}{(0.05)^2}$$

n = 130.556 ~ **130 respondents**

Therefore, the researcher used a sample size of **130 breastfeeding PP mothers** with children aged 0-6 months during the study.

Sampling technique

A simple random sampling technique was used to provide each participant with an equal chance or opportunity of being selected. The technique was also aimed at eliminating individual bias.

Sampling procedure

To obtain a sample of 130 respondents, 10 respondents were randomly selected on each day for 13 consecutive working days, by assigning a random sequential number to all breastfeeding PP mothers with children aged 0-6 months that were attending IYCC at Lugasa health center iii. This was done by providing a box containing papers on which numbers 1 to 50 will be written. Individuals who picked numbers 1 to 10 were then recruited for the study. This was done for thirteen (13) consecutive working days until the sample size of 130 respondents was obtained.

Data collection method

The study employed the researcher-administered survey method using a questionnaire as the data collection tool to obtain primary data from the breastfeeding PP mothers. This method was adopted because it enabled the researcher to participate in data collection to obtain clarification and explanations where needed.

Questionnaires contained structured questions along with the choice of answers depending on how the different variables were measured by the researcher. Interviews were conducted using either local languages or English depending on the language the study participants were understanding best to obtain relevant and accurate data. This also helped the

researcher to obtain first- hand information on the KAP towards exclusive breastfeeding among PP mothers.

Data collection tool

A standard semi-structured questionnaire was used in data collection and it was designed based on the study objectives. The questions that were included in the questionnaire were aimed at capturing data related to the KAP towards exclusive breastfeeding among breastfeeding PP mothers with children aged 0-6 months at Lugasa Health Center iii, Kayunga District.

The questionnaire was divided into four sections; section A captured data on the socio-demographic characteristics of both the mothers and their children, section B captured data on the knowledge about EBF, section C captured data on the attitude towards EBF and lastly, section D captured data on the practices towards EBF.

Data collection procedure

A pilot study was carried out at Lugasa Health Centre iii in Kayunga District, and pretesting of the data collection tool was also conducted. The study data collection tool was first pretested among ten (10) breastfeeding PP mothers with children aged 0-6 months at Lugasa Health Center III, before being used to collect data at the planned time.

During the pilot study, a suitable sample of respondents was interviewed and the questionnaire was checked to establish whether it was effective, simple, and easily understandable. It was checked for the relevancy and reliability of the questions. Errors and gaps in the data collection tool to be used in the final study were also checked.

Content validity was established by seeking the expertise of the study supervisor to ensure that correct variables and questions relevant to the study were included in the study data collection tool.

Study variables

This encompasses the dependent variable and independent variables.

Dependent variable

The dependent variable of this study was exclusive breastfeeding which is defined as a practice when an infant receives only breast milk, no other liquids or solids are given to the infant not even water, except oral rehydration solutions, drops, or syrups of vitamins, minerals, or medicines. This was measured in terms of a percentage using the number of mothers who reported to be practicing exclusive breastfeeding right from birth till the time of data collection.

Independent variable

These influence the dependent variable and include; knowledge, attitude, and practices towards EBF. The questionnaire had five (5) knowledge, attitude, and practice-related questions about EBF. At the end of data collection, each correct response was scored as I while each wrong response was scored as 0. The scores were added together and then converted to percentages at the end of data collection. Those who scored 70% and above were considered to have good favorable knowledge, attitude, and practice, those who scored 50%-60% had fair knowledge attitude, and practice and those who scored less than 50% were considered to have poor knowledge attitude and practice towards exclusive breastfeeding.

Quality control

The researcher pretested the research tool to be used in the study for data collection, trained research assistants on how to assess the KAP towards exclusive breastfeeding among breastfeeding PP mothers, piloted the study, ample time was given for data collection, and ensured that clear selection criteria was followed to attain accurate and reliable results. A clear exclusion criterion was followed during the study.

Data management, analysis, and presentation

Upon completing data collection, each questionnaire was checked for completeness and any gaps were filled immediately before the respondents left the hospital. Data was stored on computers and a record book that was accessible to only the researcher and supervisor. Data was processed and analyzed in Microsoft Office Excel with the help of a scientific calculator and presented in the form of tables, pie charts, and bar graphs.

Ethical considerations

An introductory letter obtained from the Medicare Health Professionals College research committee was taken to the management of Lugasa Health Center iii through the District Health Officer (DHO) of Kayunga District which granted the researcher permission to conduct the study.

The purpose of the study was fully explained to respondents and informed consent was obtained from all individuals who agreed to participate in the study and all their information was kept confidential. To ensure anonymity, the names of the respondents were not recorded on the questionnaires.

Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

Table 1: Distribution of the socio-demographic characteristics of study participants. . n=130

Socio-demographic characteristic	Category	Frequency (n)	Percentage (%)
Mothers age bracket	< 19 years	35	26.9
	19-45 years	95	73.1
	> 45 years	00	0.0
Total		**130**	**100**
Marital status	Married	97	74.6
	Single	33	25.4
	Divorced	00	0.0
Total		**130**	**100**
Employment status	Self-employed	24	18.5
	Government/public worker	12	9.2
	Not employed/house wife	51	39.2
	Others	43	33.1
Total		130	100
Highest level of education	Primary	44	34
	Secondary	51	39
	Tertiary	25	19
	Others	10	8
Total		**130**	**100**
Sex of the child	Male	77	59.2
	Female	53	40.8
Total		**130**	**100**
Age bracket of the child	0-1 months	37	28.5
	1-3 months	53	40.8
	3-6 months	40	30.7
Total		**130**	**100**
Infants birth weight	< 2.5kg	18	13.8
	2.5-4.0kg	92	70.8
	> 4.0kg	20	15.4
Total		**130**	**100**
Gestational age of infant at birth	< 37 weeks	16	12
	37-42 weeks	105	81
	> 42 weeks	9	7
Total		**130**	**100**

Table 2: Distribution of respondents by how they understand the term exclusive breast feeding. n=130

Response	Frequency(n)	Percentage (%)
Feeding babies on breast milk only	80	61.5
Feeding babies on breast milk and other feeds	26	20
Others	24	18.5
Total	**130**	**100**

Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

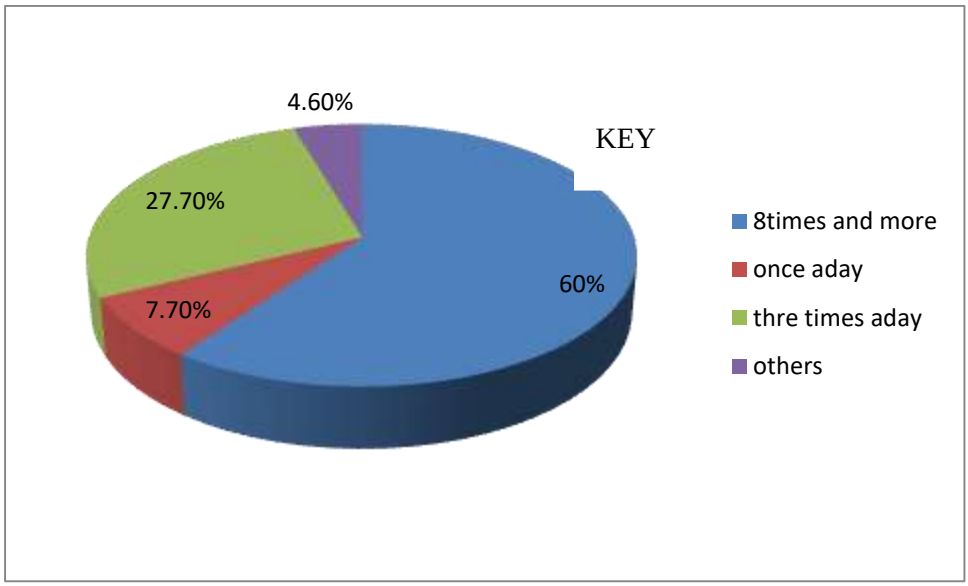
Table 3: Distribution of study respondents according to their knowledge about the cheapest and recommended food for newly born baby. . n=130

Responses	Frequency (n)	Percentage (%)
Breast milk	119	91.5
Formula milk	00	0.0
Glucose water	00	0.0
Others	11	8.5
Total	**130**	**100**

Table 4: Distribution of respondents by knowledge about the feeds the baby should receive for the first six month . n=130

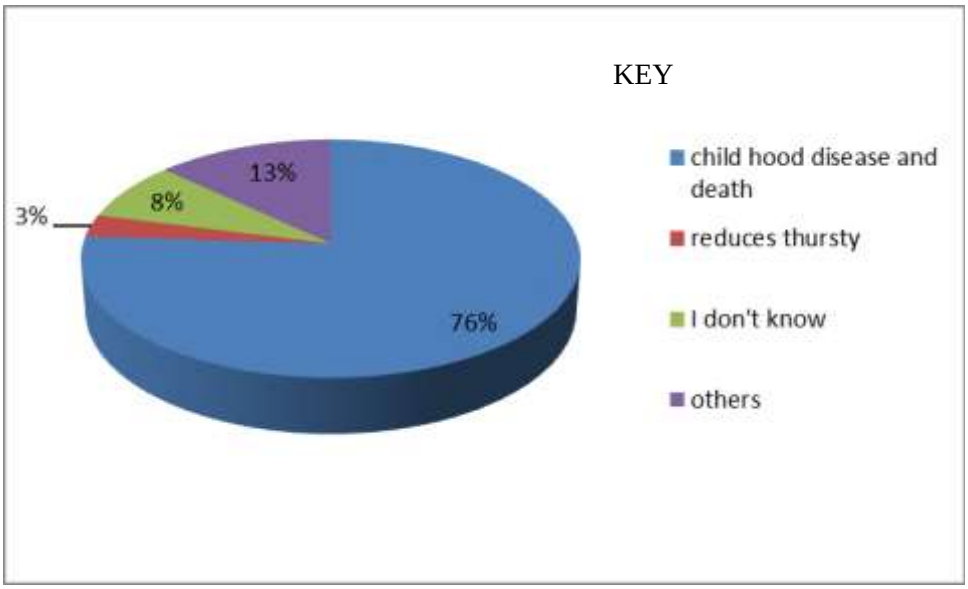
Response	Frequency	Percentage
Breast milk only	63	48.5
Animal milk and smirched local foods	28	21.5
Cow's milk	24	18.5
Others	16	12.3
Total	**130**	**100**

Figure1: Distribution of respondents by knowledge about the number of times the baby should be breast feed in a day. . n=130



Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

Figure 2: Distribution of study respondents according to their knowledge about the importance of EBF to a child's health n=130



RESULTS

Socio-demographic characteristics of study participants

Out of 130 primiparous mothers who were involved in the study, majority 95(73.1%) of the mothers were between 19-45 years of age and 35(26.9%) were below the age 19years, 97(74.6%) were married, 51(39.2%) were not employed/house wife and 51(39%) studied up to secondary level.

When it came to social demographic characteristics of the children of the study participants, majority 77(59.2%) were males while 53(40.8%) were females, 53(40.8%) were in age bracket of one to three months, 92(70.8%) had birth weight 2:5-4kgs and 105(81%) had a gestational age of 37-42 weeks at birth.

Knowledge about exclusive breastfeeding among primiparous mothers at Lugasa health center iii, Kayunga District

Out of 130 respondents 80(61.5%) understood exclusive breastfeeding as feeding on breast milk only, 26(20%) understood it as feeding babies on breast milk and other feeds and 24(18.5%) understood it in other ways.

Out of the 130 respondents that were involved in this study, 119 (91.5%) of them reported breast milk as the cheapest and recommended food for a newly born baby, none (0.0%) reported formula milk, none (0.0%) reported glucose water and 11 (8.5%) of them reported other foods

Out of 130 respondents 63(48.5%) reported breast milk only as the only food a baby should receive for the first six months, 28(21.5%) reported animal milk and smirched local foods,24(18.5%) reported cow's milk and others a counted for 16 (12.3%).

Out of 130 respondents 78(60%) reported that a baby should be breast feed 8times and more in a day, 10(7.7%) reported that the baby should be breastfeed once a day, 36(27.7%) reported three times a day and others a counted for 06(4.6%)

Out of the 130 study respondents, 99 (76%) of the mothers reported that EBF decreases childhood diseases and death, 4 (3%) reported that EBF reduces thirst, 10 (8%) didn't know

Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

the importance of EBF and 17 (13%) of them gave other responses.

Attitude towards exclusively breastfeeding among primiPara mothers at Lugasa health center iii, Kayunga District

Out of the 130 study respondents, 23 (17.7%) of them reported EBF to be time consuming, 89 (68.5%) of the perceived it as an easy process, 5 (3.8%) reported it to be old fashion and 13 (10%) of them perceived EBF in other ways.

When it came to BF in public places, 42 (32%) of the study participants reported the act to be embarrassing, 63 (49%) reported the act to be okay, 20 (15%) reported it uncalled for and 5 (4%) of them gave other responses in regards to the act of BF in public places.

Out of 130 participants, 67(51.5%) reported that feel it easy to breastfeed their babies on demand 26(20%) reported that they feel it difficult, 09(6.9%) reported that they feel it hectic and 28(21.5%) reported other feelings about breastfeeding their babies on demand.

Practices towards exclusive breastfeeding among primipara mothers at Lugasa health center iii, Kayunga District

When it came to time of initiation of BF after child birth, 112 (86.2%) of the PP mothers had BF initiated within an hour of birth, 8 (6.2%) had BF initiated after 6 hours, 3 (2.3%) had it initiated after a day and 7 (5.3%) of them reported other periods when it came to initiation of BF after birth.

Out of the 130 study participants, 98 (75.4%) of them reported EBF as the feeding option they have been using since child birth up to date, 14 (10.8%) reported bottle feeding using animal milk, none (0.0%) reported formula feeding and 18 (13.8%) of them reported other feeding options.

Out of the 130 study respondents, 117 (90%) of them reported breast milk as the first food that was given to their babies, 5 (4%) reported glucose water, 3 (2%) reported cow's milk and 5 (4%) of them reported other foods.

Out of 130 respondents 78(60%) reported that they breastfeed their babies 8 times and more,27(20.8%) reported 6 times a day and others are counted for 25(19.2 %).

Table 5: Distribution of study respondents according to how they perceive the act of BF. . n=130

Responses	Frequency (n)	Percentage (%)
Time consuming	23	17.7
Easy process	89	68.5
Old fashion	05	3.8
Others	13	10
Total	**130**	**100**

Vol. 4 No. 12 (2023): December 2023 Issue
https://doi.org/10.51168/sjhrafrica.v4i12.857
Original article

Figure 3: Distribution of study respondents according to how they feel when breast feeding in public places. n=130

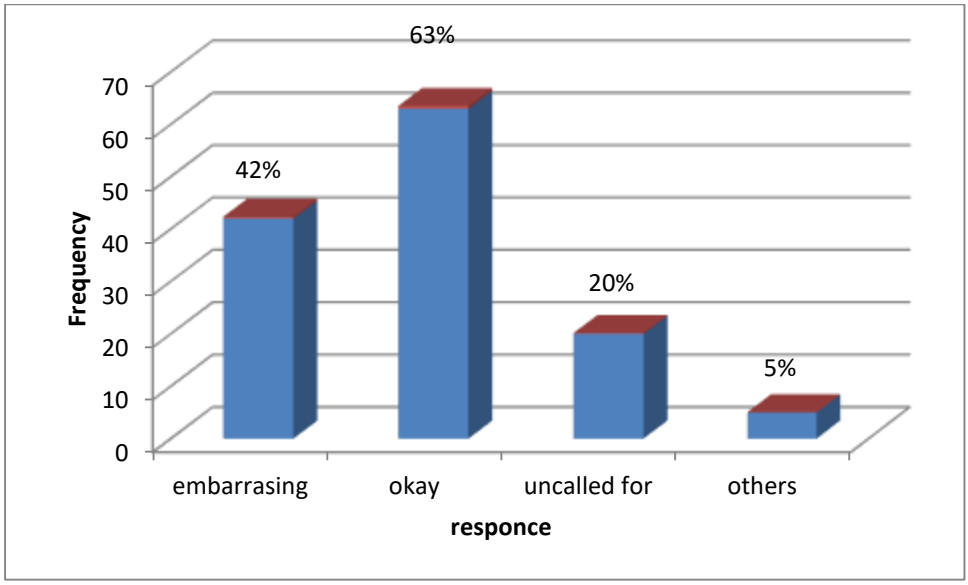


Table 6: Distribution of respondents by how they feel when breastfeeding their babies on demand. n=130

Response	**Frequency**	**Percentage (%)**
Difficult	26	20
Easy	67	51.5
Hectic	09	6.9
Others	28	21.5
Total	**130**	**100**

Table 7: Distribution of study respondents according to the time of initiation of BF after giving birth. n=130

Responses	**Frequency (n)**	**Percentage (%)**
Within an hour of birth	112	86.2
After 6 hours	08	6.2
After a day	03	2.3
Others	07	5.3
Total	**130**	**100**

Table 8: Distribution of study respondents according to the feeding option they have been using since child birth. n=130

Responses	Frequency (n)	Percentage (%)
Exclusive breastfeeding	98	75.4
Bottle feeding using animal milk	14	10.8
Formula feeding	00	0.0
Others	18	13.8
Total	**130**	**100**

Figure 4: Distribution of study respondents according to the first food that was given to the baby n=130

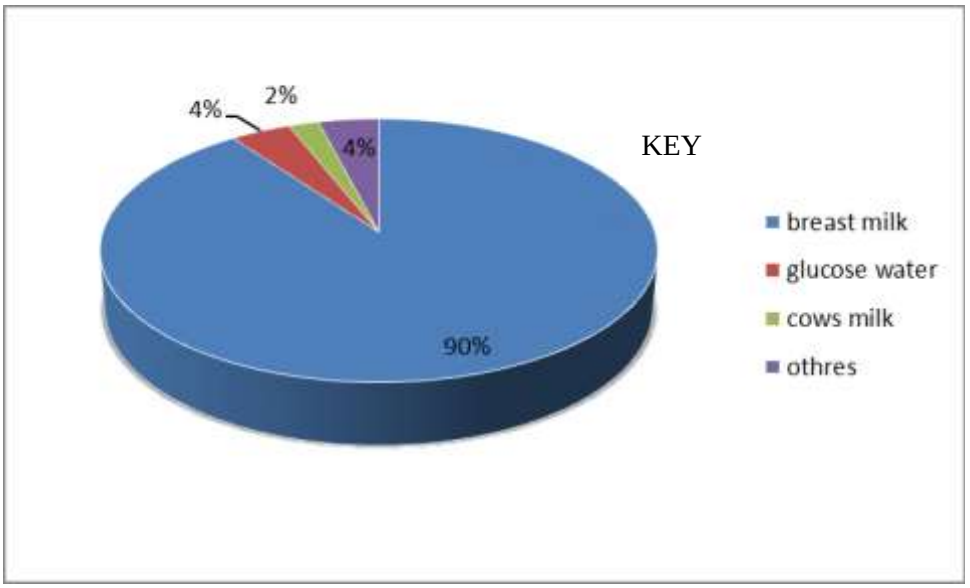


Table 9: Distribution of respondents according to the number of times they breast feed theirs babies in a day. n=130

Response	Frequency	Percentage
8 times and more	78	60
6times a day	27	20.8
Others	25	19.2
Total	**130**	**100**

Discussion

Knowledge about exclusive breastfeeding among primipara mothers

The study results indicated that the majority of the respondents 80(61.5%) defined exclusive breastfeeding as feeding the baby on breast milk only. This was probably because the health workers at Lugasa health center iii always provide health education talks to mothers regarding breastfeeding at different health care points to promote their awareness. The findings of this study are

in disagreement with the results of the study which was done in Cote D'Ivoire by Aude-Helene et al; 2021 which indicated that only 33% of the mothers knew the definition of exclusive breastfeeding.

The study results showed that the majority (91.5%) of the study respondents knew that breast milk was the cheapest and recommended food for a newborn baby. The probable reason for this is that the government has put in place efforts that are tailored to promoting appropriate IYCF practices in the country like launching the BFHI and IYCF guidelines. The results of this study are slightly in agreement with the results of a study that was done by Mbina *et al.* (2021), which showed that the majority (87.3%) of the study respondents had good knowledge of EBF.

The study results showed that only 63(48.5%) of the respondents knew breast milk to be the only food for the baby for the first six months of life. The probable reason for this is that health workers at Lugasa Health Center III put much emphasis on mothers through health education talks in regards to the feeds a baby should be fed according to age. The results of this study are in line with the results of the study which was conducted in East Africa by (Dukuzumurenyi et Al;2020) which showed that 49.2% of the respondents knew that the duration of exclusive breastfeeding was the first six months of life only.

The study results further indicated that the majority (76%) of the study respondents knew that EBF decreases childhood diseases and death. This was probably because the health workers at Lugasa Health Center III always provide health education talks to mothers regarding appropriate IYCF practices at different healthcare points. The findings of this study are almost in agreement with the findings of a study that was done by Aude-Helene *et al.* (2021), which indicated that the majority (84%) of the primipara mothers that were involved in the study knew that breastfeeding promoted ideal infant growth.

The study results indicated that only 68.5% of the study participants knew that EBF protects a mother against breast and ovarian cancers. This was probably because the health workers at Lugasa Health Center iii always provide health education talks to mothers regarding the benefits or importance of EBF to both the infants and mothers at different health care points. The above study findings are in disagreement with the findings of a study that was done by Katole *et al.* (2021), which showed that 92% of the study participants knew about the importance of EBF.

Attitude towards exclusive breastfeeding among primipara mothers

The study findings revealed that the majority of the study participants (68.5%) perceived EBF as an easy process. The probable reason for this is that most of the study respondents knew the importance of EBF to a child's health and its importance to the mothers. The findings of this study disagree with the findings of a study that was done by Aude-Helene *et al.* (2021), which showed that 91% of the study respondents had a good perception of the concept of EBF.

The study results showed that the majority (78.5%) of the study respondents reported that they could exclusively breastfeed their babies for six months. This was probably because the health workers at Lugasa Health Center III always provide health education talks to mothers regarding appropriate IYCF practices at different healthcare points. The results of this study are slightly lower than the results of a study that was done by Luo *et al.* (2021), which showed that 87% of the study participants had a good attitude towards EBF.

The study findings reflected that 51% of the study respondents didn't find BF in public places okay in case the baby needs to be breastfed. This can be attributed to the African traditions which consider female/human breasts to be so private and as one of the parts of the female human body which shouldn't be exposed to the general public. The study results are not in line with the results of a hospital-based study that was conducted by Ofovwe *et al.* (2022), which showed that 29.6% of the study respondents had a poor attitude towards breastfeeding.

The study findings further showed that the majority 67(51.5%) of the respondents reported that they feel okay with breastfeeding their babies on demand. The probable reason for this is that most of the mothers knew the importance of breastfeeding to the child's health. The results of this study are slightly in line with the results of the study which was done in the rural areas of India by (Krishnendu and Devaki, 2017) which indicated that 55% of the study respondents displayed a good attitude towards exclusive breastfeeding.

Practices towards exclusive breastfeeding among primipara mothers

The study results showed a majority (75.4%) of the study respondents were practicing EBF since childbirth up to date. The probable reason for this is that the majority of the study respondents had satisfactory knowledge and a favorable attitude toward EBF. The study findings are almost in line with the findings of a study that was done by Luo *et al.* (2021), which showed that only 76.4% of the study participants practiced EBF.

The study results also showed that the majority (86.2%) of the study respondents had BF initiated within an hour after childbirth. The implementation of the BFHI, IYCF guidelines and following of the International Code of Marketing Breast-Milk substitutes all aimed at promoting EBF, BF and restricting the promotion of formula milk and other breast milk substitutes can be pointed out as the reasons that contributed to this study finding. The study results are in disagreement with the results of a study that was done by

Omute & Kirungi (2022), which showed that 67.0% of the study respondents practiced early initiation of breastfeeding.

The study findings also showed that the majority (90%) of the study respondents had breast milk given to their babies as the very first feed. This was probably because the health workers at Lugasa Health Center iii always ensured that IYCF guidelines were followed at the health facility. The results of this are in disagreement with the results of a hospital-based study that was conducted by Ofovwe *et al*. (2022), which showed that 55.8% of the study respondents had poor practices towards breastfeeding.

The study results showed that the majority 78(60%) of the respondents reported that they breastfeed their babies eight times or more in a day. The probable reason for this is that the majority of the respondents had satisfactory knowledge and a favorable attitude towards exclusive breastfeeding. The findings of this study are slightly in line with the results of the study which was conducted in the Oromia region of Ethiopia (Gebresenbet, 2021) which showed that 69.69% of the study respondents had good practices towards exclusive breastfeeding.

Conclusion

This study showed that most of the study participants had satisfactory knowledge about EBF since the majority of them knew the recommended food for a newborn infant and the importance of EBF to a child as well as a mother's health.

This study showed that most of the study participants had favorable attitudes towards EBF since the majority of them perceived the act of BF as an easy process and were willing to breastfeed for six months. However, this study reflected that most of the study participants found BF in public places not okay, embarrassing, and uncalled for.

This study revealed that the majority of the study participants had good practices towards EBF since the majority of them were exclusively breastfeeding, had BF initiated within an hour after childbirth, and had breast milk given to their babies as the first food.

Study limitations

The long-distance between the training institute and the study area posed a challenge to the researcher during the time of data collection. The researcher faced the challenge of inadequate financial support to facilitate the entire study effectively. The researcher also faced a limitation of language barrier since there was no guarantee that the researcher and all study participants had a common language. This hindered effective data collection between the researcher and study participants.

The study was only confined within the IYCC of Lugasa Health Center iii and this made it impossible to generalize the findings to the entire community. Balancing the time between academic work and research also posed a challenge to the researcher.

Recommendations

The study recommends that the District Health Team of Kayunga District should encourage health workers to conduct community out-reaches aimed at tracking poor IYCF practices, especially in regards to EBF in the communities as well as discouraging them. This will enable to promotion of appropriate KAP towards EBF in all corners of the district.

The government through the Ministry of Health should use all media platforms like radios, televisions, newspapers, and so on to promote appropriate IYCF practices. This will ensure that the information regarding the importance of EBF reaches everyone in the country. It will also help discourage inappropriate infant feeding practices and positively affect the KAP of all mothers towards EBF.

The study also recommends that more research should be carried out on the knowledge, attitudes, and practices towards exclusive breastfeeding among primipara mothers in different parts of the country. This will lead to the establishment of more realistic measures to improve EBF in the whole country to hit the set target of the national prevalence of EBF which is at 80%.

Acknowledgment

I would like to extend my greatest honor to the Almighty ALLAH for the gift of life and protection He has given me throughout my life and academic journey. I would like to thank my supervisor Mr. KANSIIME David for her guidance throughout the conduction of this research study.

I'm highly indebted to the administration of Lugasa Health Center iii for allowing me to conduct my research study at this facility. I thank all the study participants who accepted to participate in this study.

List of abbreviations

BF-Breastfeeding
BFHI-Baby-Friendly Hospital Initiative
BM-Breast milk
EBF-Exclusive Breastfeeding
ICF-International Coach Federation
IYCC-Infant and Young Child Clinic
IYCF-Infant and Young Child Feeding
KAP-Knowledge, Attitude and Practices
PP-PrimiPara mothers
UBOS-Uganda Bureau of Statistics
WHO-World Health Organization

References

1. Aude-Hélène, Avi-Siallou Christelle Honorine, Yeboua Kossonou Roland, Yao Kouassi Christian, Akandji Iburaima, Adou Leioh Romeo, Sahi Gnantin Landryse, Amani Ehi Alexise, Asse Kouadio Vincent,(2021) Knowledge, Attitudes and Practices of Mothers Regarding Exclusive Breastfeeding in Rural Areas of Brobo (Côte d'Ivoire)"
2. Gebresenbet.H (2021) Knowledge, Attitude and Practice towards Exclusive BreastFeeding among Inhabitants of Ginjo Guduru Kebele, Jimma Town, Oromia Region, Ethiopia
3. Katole, A., Naik, G., Kujur, A., & Kumar, M. (2021). Functioning of a Nutritional Rehabilitation Center against acceptable levels of care. *Medical Journal Armed Forces India*, *79*, S20-S25.
4. Temoirokomalani M. D, Singh P, Khan S. (2021) knowledge, Attitude and Practices of Breastfeeding among Mothers of Children under 6 Months of Age in Suva, Fiji. Curr Res Nutr Food Sci 2021; 9(3). Available From: https://bit.ly/30T4RMw
5. Dukuzumuremyi, *et al(2020).* Knowledge, attitude, and practice of exclusive breastfeeding among mothers in East Africa: a systematic review Int. Breastfeed. J. (2020), pp. 15-70
6. Krishnendu M, Devaki G.(2017) Knowledge, Attitude and Practice Towards Breastfeeding Among Lactating Mothers in Rural Areas of Thrissur District of Kerala, India: A Cross-Sectional Study. Biomed Pharmacol J 2017;10(2).
7. Luo J., Prince D. C. J., Mungai K. F., James N. (2021). Knowledge, attitude, and practice of exclusive breastfeeding among mothers attending Maraca District Hospital Kigali/Rwanda: A cross-section study. *Research Square*. https://doi.org/10.21203/rs.3.rs-152011/v1
8. Mbina, Gali Magaji, Amuko Fanuel, Theophilus Pius, Abalinda Garrets, Ahumuza Nicholas Mavine, Nagasha Lucky, Asiimwe Ronald, Swase Dominic Terkimbi, Kembabazi Stellamaris.(2021) Breastfeeding Practices Among Infants and Young Children in Bushenyi, Uganda: Influence of Maternal Knowledge and Occupation. Journal of Family Medicine and Health Care. Vol. 7, No. 4, 2021, pp. 90-97. doi: 10.11648/j.jfmhc.20210704.12
9. Omute, T., Kirungi, G.(2022) Breast-feeding practices and maternal employment in health facilities of Lira District, Northern Uganda. Bull Natl Res Cent 46, 124 (2022). https://doi.org/10.1186/s42269-022-00810-3
10. Ofovwe, Gabriel Egberue et al (2022) knowledge, attitude and practices of breastfeeding mothers from six months to three years seen at a tertiary children hospital in Freetown
11. Wataka, Sarah & Tumukunde, Prossy & Kagoya, Enid & Nekaka, Rebecca & Nteziyaremye, Julius. (2021). Exclusive Breastfeeding in Manafwa District, Eastern Uganda -Opportunities and Challenges: A Mixed Methods Community Based Study Corresponding Author*. Vol.11.
12. WHO.WHA (2022) Global nutrition targets 2025: breastfeeding policy brief 2014 http://www.who.int/nutrition/topics/globaltargets_breastfeeding_policybrief.pdf Google Scholar
13. Uganda Bureau of Statistics (UBOS) and ICF. 2017. Uganda Demographic and Health Survey 2016. Kampala, Uganda: UBOS, and Rockville, Maryland, USA: UBOS and I

Publisher Details

Publishing Journal: Student's Journal of Health Research Africa.
Email: studentsjournal2020@gmail.com or admin@sjhresearchafrica.org

(ISSN: 2709-9997)

Publisher: SJC Publisher Company Ltd
Category: Non-Government & Non-profit Organisation
Contact: +256775434261(WhatsApp)
Email: admin@sjpublisher.org
Website: https://sjpublisher.org
Location: Wisdom Centre Annex, P.O. BOX. 113407 Wakiso, Uganda, East Africa.